

What will your Registered Dietitian do?

- Teach you how food choices affect:
 - blood sugar
 - blood pressure
 - cholesterol
- Help you plan your meals at home and when you go out to eat
- Teach you to read a food label
- Include foods from your culture into your meal plan
- Help you reach a healthy weight

Ask a member of your Diabetes Team:

- ✓ How often should I check my blood sugar?
- ✓ What tests will you do at a regular office visit? How often?
- ✓ How often will I meet with team members?

Write your questions down before you go into the office.

The most important member of the team is You!



By meeting with your team, you will learn to control your diabetes. The support and education we offer will bring positive change to your life.

YOUR DIABETES TEAM



Are you worried about your diabetes?



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What is the Diabetes Team?

A group of people that will work with you to get your diabetes under control and prevent other problems.

This team will include:

- You
- Your Primary Care Provider
- Certified Diabetes Specialist
- Diabetes Nurse
- Registered Dietitian
- Clinical Pharmacist

What can you do?

Ask your primary care provider to send you to the [Department of Health Promotion](#) to learn more about diabetes.

Keep your appointments.

- ✓ Bring your medicines
- ✓ Bring your blood sugar numbers or the blood sugar meter

Write down your questions and concerns before your visit.

What will your Primary Provider do?

- Organize your care
- Give you regular check-ups
- Send you to team members or other specialists
- Send you for tests you may need
- Decide which medicines are right for you

What will your Diabetes Specialist do?

- Meet with you if your medicines are not helping you reach your goals
- Work with your primary provider to change the amount or type of medicines you use (if needed)
- Review your blood sugars and blood work to make sure you are getting the best results

What will your Diabetes Nurse do?

Your Diabetes Nurse will work with members of your team to help you control your diabetes.

Teach you about:

- Effects of diabetes
- Diabetes medicines
- Checking your blood sugar and understanding the numbers



We work together to help you reach your goals.